

APPENDIX D**CHILD AND ADULT CARE FOOD PROGRAM (Child Care Component)
INFANT MEAL PATTERN REQUIREMENTS**

The infant meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group. The minimum quantity of food must be provided to the infant, but may be served during a span of time consistent with the infant's eating habits.

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
<u>BREAKFAST</u>		
4-6 fl. oz. formula ¹	4-8 fl. oz. formula ¹ or breast milk 0-3 T. infant cereal ² (optional)	6-8 fl. oz. formula ¹ , breast milk, or whole milk 2-4 T. infant cereal ² 1-4 T. fruit and/or vegetable
<u>LUNCH OR SUPPER</u>		
4-6 fl. oz. formula ¹	4-8 fl. oz. formula ¹ or breast milk 0-3 T. infant cereal ² (optional) 0-3 T. fruit and/or vegetable (optional)	6-8 fl. oz. formula ¹ , breast milk or whole milk 2-4 T. infant cereal ² and/or 1-4 T. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or ¹ / ₂ -2 oz. cheese or 1-4 oz. cottage cheese, cheese food, or cheese spread 1-4 T. fruit and/or vegetable
<u>SNACK</u>		
4-6 fl. oz. formula ¹	4-8 fl. oz. formula ¹ or breast milk	2-4 fl. oz. formula ¹ , or breast milk, whole milk, or fruit juice ³ 0- ¹ / ₂ bread or 0-2 crackers (optional) ⁴

¹ Shall be iron-fortified infant formula.

² Shall be iron-fortified dry infant cereal.

³ Shall be full-strength fruit juice.

⁴ Shall be from whole-grain or enriched meal or flour.

For infants four through eleven months, breast milk provided by the infant's mother may be served in place of infant formula.